

Baguettes		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Brie, Tomato & Basil Baguette	✓			✓			WHEAT						
Chicken Caesar Baguette			✓	✓	✓		WHEAT, RYE, OAT, BARLEY		✓			✓			✓	
Ham & Greve Baguette				✓	✓		WHEAT		✓			✓				
Posh Cheddar & Pickle Baguette	✓		✓	✓	✓		WHEAT, RYE, OAT, BARLEY		✓			✓	✓			
Chipotle Mozzarella Hot Baguette	✓		✓	✓			WHEAT, RYE, OAT, BARLEY		✓			✓				
Posh Prosciutto Hot Baguette			✓	✓			WHEAT, RYE, OAT, BARLEY									

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Pret's Hot		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Bacon & Egg Brioche				✓	✓		WHEAT		✓				
Bacon Brioche				✓	✓		WHEAT		✓							
Sausage & Egg Brioche				✓	✓		WHEAT		✓				✓			
Pret's Veggie Brioche	✓			✓	✓		WHEAT		✓							
Chicken Chipotle Hot Wrap				✓			WHEAT, RYE		✓			✓				
Chicken Kebab Hot Wrap				✓			WHEAT, RYE									
Spicy Mediterranean Hot Wrap	✓			✓			WHEAT, RYE		✓			✓				
Ham and Greve Hot Croissant				✓	✓		WHEAT									
Cheddar and Tomatoes Hot Croissant	✓			✓	✓		WHEAT									
Cheesy Chicken Hot Croissant				✓	✓		WHEAT		✓			✓				
Tomato Soup	✓															
Pumpkin Soup	✓			✓												
Grilled Teriyaki Chicken Rice Bowl							WHEAT, BARLEY		✓							
Spicy Chicken Tomato Rice Bowl			✓													

V6 -04.09.2024

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Sandwiches		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Chicken Avocado Granary				✓	✓		WHEAT, BARLEY		✓			✓	
Classic Super Club Granary					✓		WHEAT, BARLEY		✓			✓				
Wild Crayfish & Rocket Granary					✓		WHEAT, BARLEY		✓			✓		✓		
Cracking Egg Salad Granary	✓				✓		WHEAT, BARLEY		✓			✓				
Coronation Chicken					✓		WHEAT, BARLEY		✓			✓				ALMOND
Ham & Cheese Granary				✓			WHEAT, BARLEY									
Mature Cheddar Granary	✓			✓	✓		WHEAT, BARLEY		✓			✓	✓			
Smoked Salmon & Soft Cheese				✓			WHEAT, BARLEY								✓	
Rainbow Veggie	✓	✓	✓				WHEAT, BARLEY									

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Bowl & Pot		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Banana & Honey Muesli	✓			✗												
Cranberry Yoghurt Bowl	✓			✗												
Bircher Muesli	✓			✗												PISTACHIO
Coconut Chia Seed Bowl	✓	✓														ALMOND
Five Berry Bowl	✓			✗												
Mango & Banana Sunshine Bowl	✓	✓														ALMOND
Red Dragon Fruit Sunshine Breakfast Bowl	✓	✓														ALMOND

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Dessert		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Tiramisu	✓		✗	✗		WHEAT							

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Toasties		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			All Day Breakfast Toastie				✓	✓		WHEAT, RYE, OAT, BARLEY		✓			✓	✓
Brie, Avocado & Tomato Toastie	✓			✓			WHEAT, OAT, RYE, BARLEY									
Chicken, Avocado & Basil Toastie				✓	✓		WHEAT, OAT, RYE, BARLEY		✓			✓				
Classic Cheese Toastie	✓			✓	✓		WHEAT, OAT, RYE, BARLEY		✓			✓				
Ham, Cheese & Mustard Toastie				✓	✓		WHEAT, OAT, RYE, BARLEY		✓			✓				

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Croissant		Suitable for														
Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Croissant Almond	✓			✗	✗		WHEAT									ALMOND
Croissant Chocolate	✓			✗	✗		WHEAT		✗							
Mozzarella & Tomato Croissant	✓			✗	✗		WHEAT									
Pain au Raisin	✓			✗	✗		WHEAT									
Plain Croissant	✓			✗	✗		WHEAT									
Very Berry Croissant	✓	✓					WHEAT									

V6 -04.09.2024

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Cold Drinks		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Water - Aqua Panna 500ml Still	✓	✓												
Juice - Coconut Water	✓	✓															
Coke (All types)	✓	✓															
Juice - Fresh Lemon & Mint	✓	✓															
Heineken Beer	✓	✓					BARLEY										
Juice - Orange	✓	✓															
Juice - Pink Grapefruit	✓	✓															
Radiance	✓	✓									✓						
Water - San Pellegrino 500ml Sparkling	✓	✓															
Tiger Beer	✓	✓					BARLEY										
Ultra Boost	✓	✓															
Water - Desa 500ml Still	✓	✓															
Chang Beer	✓	✓					BARLEY										

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Salads		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Chef's Chicken Salad				✓	✓		WHEAT, BARLEY		✓			✓	
Egg & Spinach Protein Pot	✓				✓											
Smoked Salmon & Spinach Protein Pot					✓										✓	
Wild Crayfish & Avocado							WHEAT					✓		✓		

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Crisps		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Tyrrells Lightly Sea Salted Crisps	✓													
Tyrrells Mature Cheddar & Chives Crisps	✓			✓													
Tyrrells Sea Salt & Cider Vinegar Crisps	✓	✓					BARLEY										
Tyrrells Sea Salt & Cracked Black Pepper Crisps	✓																

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Cookies & Muffins		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Chocolate Chunk Cookie	✓			✗			WHEAT						
Cheese Twist	✓			✗	✗		WHEAT									
Dark Chocolate Almond Butter Cookies	✓						WHEAT									ALMONDS
Egg Tart	✓			✗	✗		WHEAT									
Fruit, Oat & Spelt Cookie	✓			✗			WHEAT, OAT, SPELT									
Muffin Blueberry	✓			✗	✗		WHEAT									
Muffin Chocolate	✓			✗	✗		WHEAT		✗							HAZELNUT

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Snacks		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Brownie Bar	✓			✗	✗		WHEAT		✗				
Choc Bar	✓			✗			WHEAT		✗							
Dark Chocolate Almonds Snack	✓	✓							✗							ALMONDS
Love Bar	✓			✗			OATS		✗							PISTACHIO, ALMONDS
Popcorn bar	✓			✗					✗							
Pret A Mango	✓	✓														

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Wraps		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Avocado & Herb Salad Wrap	✓			✗	✗		WHEAT, RYE		✗			✗		
Chicken & Rocket Salad Wrap				✗	✗		WHEAT, RYE		✗			✗					

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Fruit		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Apple	✓	✓												
Banana	✓	✓															
Dragon Fruit Salad	✓	✓															
Melon Trio	✓	✓															
Papaya & Lime	✓	✓															
Grape Medley Mix	✓	✓															

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.

Barista Prepared Drinks

Suitable for

V6 -04.09.2024

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Coffee																
Americano Black	✓	✓														
Americano White Milk	✓			✓												
Americano White Rice Coconut	✓	✓														
Americano White Soya	✓	✓							✓							
Americano White Oat	✓	✓														
Americano White Almond	✓	✓														ALMOND
Cappuccino Milk	✓			✓												
Cappuccino Rice Coconut	✓	✓														
Cappuccino Soya	✓	✓							✓							
Cappuccino Oat	✓	✓														
Cappuccino Almond	✓	✓														ALMOND
Decaf Latte Milk	✓			✓												
Decaf Latte Rice Coconut	✓	✓														
Decaf Latte Soya	✓	✓							✓							
Decaf Latte Oat	✓	✓														
Decaf Latte Almond	✓	✓														ALMOND
Espresso	✓	✓														
Filter - Black Coffee	✓	✓														
Filter - White Coffee Milk	✓			✓												
Filter - White Coffee Rice Coconut	✓	✓														
Filter - White Coffee Soya	✓	✓							✓							
Filter - White Coffee Oat	✓	✓														
Filter - White Coffee Almond	✓	✓														ALMOND
Flat White Milk	✓			✓												
Flat White Rice Coconut	✓	✓														
Flat White Soya	✓	✓							✓							
Flat White Oat	✓	✓														
Flat White Almond	✓	✓														ALMOND
Latte Milk	✓			✓												
Latte Rice Coconut	✓	✓														
Latte Soya	✓	✓							✓							

	sup	g	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Milk Cup																	
Babyccino	✓			✓													
Milk Whole	✓			✓													
Milk Semi-Skimmed	✓			✓													
Rice Coconut	✓	✓															
Soya	✓	✓							✓								
Oat	✓	✓															
Almond	✓	✓															ALMOND
Syrups																	
Syrup Shot - Caramel	✓	✓															
Syrup Shot - Hazelnut	✓	✓															HAZELNUT
Syrup Shot - Vanilla	✓	✓															
Tea																	
English Breakfast Tea Milk	✓			✓													
English Breakfast Tea Rice-Coconut	✓	✓															
English Breakfast Tea Soya	✓	✓							✓								
English Breakfast Tea Oat	✓	✓															
English Breakfast Tea Almond	✓	✓															ALMOND
Earl Grey Tea Milk	✓			✓													
Earl Grey Tea Rice-Coconut	✓	✓															
Earl Grey Tea Soya	✓	✓							✓								
Earl Grey Tea Oat	✓	✓															
Earl Grey Tea Almond	✓	✓															ALMOND
Green Tea	✓	✓															
Peppermint Tea	✓	✓															

We're proud to freshly prepare our food in our shop kitchens every day, but as we use many ingredients and shared equipment, we are unable to guarantee that our food is allergen free due to the risk of cross-contact. Our vegan product is made to a vegan recipe but is not suitable for those with milk and egg allergies.